

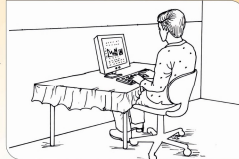


WHERE CAN I GO FOR HELP



If you are unsure of where to get help, contact your family doctor

Look at your phone directory or google to find out if there is a mental health professional in your area



If in an emergency, call the ambulance or go to the nearest hospital

Call 108 for ambulance



Call the helpline 104

Designed by Department of Mental Health Education, NIMHANS, Bengaluru



Depression..... Let's Talk



If you have observed that someone is sad, crying and withdrawn, talk to them about it.

START TALKING
Depression is TREATABLE

Designed by Department of Mental Health Education, NIMHANS, Bengaluru



ಕರ್ನಾಟಕ ಸರ್ಕಾರ



ರಾಷ್ಟ್ರೀಯ ಸ್ವಾಸ್ಥ್ಯ ಮಿಷನ್

Recognising Depression



Feeling of sadness



Crying spells



Withdrawn behaviour



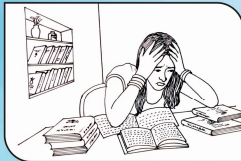
Decreased Energy



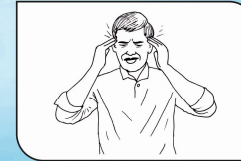
Suicidal thoughts



Irregular sleep



Poor concentration



Aches and pains,
tiredness, headache

Designed by Department of Mental Health Education, NIMHANS, Bengaluru



ಕರ್ನಾಟಕ ಸರ್ಕಾರ



ರಾಷ್ಟ್ರೀಯ ಸ್ವಾಸ್ಥ್ಯ ಮಿಷನ್

How to help someone with Depression



Encourage
participation
in activities that
the person
would like to



Tell the depressed person
that he or she is loved,
deserves to feel better, and
will feel better with
appropriate treatment.



Be patient, show affection
and offer support



Help him or her to
seek treatment



Listen carefully

**The support of friends and family can play a
very important role in someone recovering from depression**

Designed by Department of Mental Health Education, NIMHANS, Bengaluru